



## Lystedt Law Compliance Form for Parent(s) and Player(s)

A 2009 act requiring the adoption of policies for the management of concussion and head injury in youth sports; amending the Revised Code of Washington 4.24.660 and adding a new section to RCW chapter 28A.600.190. Specifically, 28A.600.190 requires that:

A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time. 28A.600.190 (3).

A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. The health care provider may be a volunteer. A volunteer who authorizes a youth athlete to return to play is not liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct. 28A.600.190(4)

In addition to school districts and the Washington Interscholastic Activities Association (WIAA), the law also requires that private, nonprofit youth sports associations wanting to use publicly owned playfields are required to comply with the law. [Member name] requires all youth sports activities using [Member] property or facilities to comply with this law.

**Please read the information below and affix your signature to indicate that you have read this document. This form must be returned to the (Member facility office) and is good only for the current sports season.**

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	Signs observed by teammates, parents/guardians, and coaches include:
• Headaches	• Appears dazed
• “Pressure in head”	• Vacant facial expression
• Nausea or vomiting	• Confused about assignment
• Neck pain	• Forgets plays
• Balance problems or dizziness	• Is unsure of game, score, or opponent
• Blurred, double, or fuzzy vision	• Moves clumsily or displays lack of coordination
• Sensitivity to light or noise	• Answers questions slowly
• Feeling sluggish or slowed down	• Slurred speech
• Feeling foggy or groggy	• Shows behavior or personality changes
• Drowsiness	• Can’t recall events prior to hit
• Change in sleep patterns	• Can’t recall events after hit
• Amnesia	• Seizures or convulsions
• “Don’t feel right”	• Any change in typical behavior or personality
• Fatigue or low energy	• Loses consciousness
• Sadness	
• Nervousness or anxiety	
• Irritability	
• More emotional	
• Confusion, repeating same question/comment	
• Concentration or memory problems (forgetting game plays)	

## What can happen if my child keeps on playing with a concussion or returns to soon?

Youth athletes with the signs and symptoms of head injuries and/or a concussion should be removed from play immediately. Continuing to play with the signs and symptoms of head injuries and/or a concussion leaves the youth athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the youth athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage youth athlete will often underreport symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents/guardians, and athletes is the key for youth athlete safety.

## If you think your child has suffered a concussion:

Any youth athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No youth athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance. Close observation of the youth athlete should continue for several hours. The "Zackery Lystedt Law" in Washington requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years: "A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time." "[He or she]...may not return to play until the athlete is evaluated by a licensed health-care provider trained in the evaluation and management of concussion and has received written clearance to return to play from that health care provider."

You should also inform your child's coach if you think that your child may have a concussion. It is better to miss one game or even a season rather than having a youth sport participant suffer a catastrophic injury or death.. And when in doubt, the athlete sits out. Additional information regarding concussion management is available from the Centers for Disease Control and Prevention (CDC) at: <http://www.cdc.gov/ConcussionInYouthSports/>. By signing below, I indicate that I have reviewed the information regarding concussions outlined in this document.

Participant Name Printed	Age	Date	Youth Signature
Parent/Guardian Name Printed		Date	Parent/Guardian Signature

Sport/Program Youth Baseball

Team Name \_\_\_\_\_

T-Ball

Coach Pitch

Machine Pitch

(Circle which league your child is enrolled in)

***Please return to your child's coach prior to your child participating in any scheduled activity.***

This form is available in three places: online at [rentonwa.gov](http://rentonwa.gov)(Youth Baseball Page), your child's coach or at the Renton Community Center.

